

HEALTH GIVING HINTS

TO BE TAKEN **VERY SERIOUSLY**

And put into action from this day forward by God's power working this in us!

1. Chew all food so thoroughly that it is like milk before swallowing, if this is not done the small intestines will NOT finish the digestive processes and we loose big time on nutrition. But that is not all, we also create an amazing amount of toxic waste due to the indigestion that circulates through our bodies poisoning us; it builds up a hard toxic lining in our colon which eventually leads to leaky gut, malnutrition, cancer of the colon, irritable bowel, diabetes, and many other degenerative diseases CCh The Food We Eat, ch 40
2. Chew all juices, water and any liquids: for the same reason above, they must be mixed with our saliva thoroughly in order for us to get the full benefits of their nutritive content. This requires patience any one need some more?
3. Eat slowly, taking little bites, and only with a spirit of thanksgiving, happiness, and peacefulness. The attitude at the meal table should be one of joy and praise to our loving Father, recognizing that the food we eat represents also in a small way our Father's provision for us, His love and the Sacrifice of Jesus. Our thoughts need to be positive and uplifting during our meal times.
4. Eat nothing that has been processed or refined, such as white flour, sugar, rice, sesame seeds, vegetable oil, canola, corn, and soy oils. Use only expeller expressed or cold pressed oils. Virgin coconut oil is the best, but it must say virgin just as olive oil must say extra virgin to be the cold pressed. Flax, grape seed, safflower, sesame seed oils are only good if they are the pressure pressed of the first squeezing. These oils are NOT to be cooked with, but added to our foods on our plate, or can be added at least after the heat has dissipated from the cooking. We need very little oils; too much of even the good oils will still add plaque to our body and plug the delicate machinery.
5. Read Labels: do not buy anything that you cannot pronounce the word, like Acetylated tartaric acid esters of mono and diglycerides, or sodium stearyl-2-lactylate. These are chemical names for chemicals that are put into our food for man's purposes, not God's. They will always have their effect in the body as a chemical, it is a law of nature. There are hundreds of these in our foods. We have been eating them for a long time-all of our lives. These chemicals interrupt our chemistry so that we cannot metabolize our foods cleanly and completely, this is wearing and as the scripture says defiling. It will interrupt the circulation of nerve flow, lymph flow,

digestion, and hormonal work. We will become imbalanced to one degree or another. This in itself is quite limiting of what we can buy to eat. But there is a lot of food out there, or in our gardening ability that we still can eat and that food has been there since creation-fresh whole food from the ground. From the “dirt to the dish” is wisdom and HEALTH! Eat simply—health flows.

6. Aspartame, canola oil, high-fructose, are lethal. They will take our lives slowly and torturously. They cause severe problems for diabetics and for all of us. Caffeine, chocolate, soft drinks, coffee, green tea and all other caffeine teas—even if they have been decaffeinated, alcohol in any form, canned/bottled drinks, all of these are health destroying. All that we want to drink is clean, pure water, fresh squeezed vegetable and fruit juices, whole herbs teas made either from water bath or from evaporation from tincture form, milks made from blending in water of nuts or seeds; nothing more.
7. Do not cook in anything less than stainless, glass, stone, or porcelain cookware, No coated metal cookware as it poisons us with Dioxins, No cast Iron as the iron obtained in our food from this source is actually toxic. It shows up in our blood work tests from the lab as that we have adequate iron levels, but this iron damages our circulatory and digestive system. Only minerals that come from plants themselves can our enzyme based bodies extract and use for our metabolism.
8. Do not cook with oil and salt, especially as they then become changed so that in trying to digest them, these two foods become more toxic than helpful. Responsible in an alarmingly small but powerful way to lay the foundation for heart disease, diabetes, stroke, and all other degenerative diseases.
9. We need far less protein than we were first taught. The American Dietetic Association has recently (in the past 10 years) put out several acknowledgements that we need much less protein than they first allocated for us. Of course, a lot of us already knew that the Meat and Dairy industry were behind that. What they are telling us now is that the majority of us need only 40 Gm per day or less. The only time we need more is if we are large boned people, heavily muscled, doing extremely vigorous, heavy work during the day; and pregnant and nursing women.
10. Our protein is best obtained from amino acids in plant based foods, so that our body needs only to select them and then build the protein our body needs. Eating protein foods, (where the amino acids are already combined into a protein molecule) requires our body to have to break that down and then build it into our protein. Greens are full of amino acids,

- including all of the essential ones (the ones that our body must eat and cannot synthesize from others). All nuts, legumes, seeds, vegetables, and even fruits have amino acids in them, some more than others.
11. Eating a plant based diet: robs us of the toxic waste that animals have built up in their body from eating terrible pesticides, herbicides, hormones, antibiotics, and infectious throw off from multiple infections. It also preserves us against the large amount of indigestion and our own toxic buildup that comes from not having the enzymes that we need to completely digest the heavy fat and protein that is in the flesh itself. It preserves us mentally and morally, as it promotes a clear mind, an attentive conscious to hear the voice of the Spirit.
 12. Eat only what your body needs. Eat for Life. Do NOT fill your stomach until it feels good and full. Stop before then. If chewing slowly, thoroughly and small bites, this will be easy.
 13. Eat all that you are going to eat until the next meal, at one time; do NOT spread it out over the day. Only fresh squeezed juices can be spread out over the day. They requires less than 10% digestion
 14. Eating two meals a day is most excellent and should at least be attempted for two weeks by all.
 15. The more nutrient dense foods we can eat the better health we will have. Fresh Squeezed vegetable and fruit juices, SuperFoods, Herbal teas, Green Smoothies are all examples of nutrient dense foods. Salads with a homemade natural dressing are next best.
 16. Eat and drink only room temperature food and drink. This will promote optimum circulation in and around the digestive glands of the stomach for optimum performance of the glands making and excreting quality digestive juices. It will ensure thorough digestion of our food without any spoilage, it will aide the circulation of the heart as very cold water or anything slows down the vessel flow around the heart, thymus, lungs area. Even temporary sluggish circulation has its cumulative effect over time.
 17. The majority of humans are chronically dehydrated and do not even know it. Their bodies have learned to compensate even though their health is slowly being destroyed. Re-hydration is a must. Using lemon water, drink 1 ½ liters/quarts daily for five consecutive days. As you begin to drink this amount of water time yourself and be finished with it in 20 minutes. Then drink 6-8 oz of water every 1 hour after throughout the day.
 18. Most people are acidic in their body's pH. Diseases thrive in this environment. To change this to alkaline or a pH of 7.2-6

- We will eat a plant based diet, lots of raw; fresh squeezed vegetable juices, especially green stuff; a green smoothie daily; a vigorous outdoors exercise program will be in place; we will be getting 8 hours of sleep with at least three of them before midnight; we will study to come into a state of mind that is positive(negative thoughts are strong to create an acid environment); we will drink at least 2-3 liters/quarts of water per day; we will be skin brushing daily; doing (3 minute hot/1 minute cold/seven rounds) showers daily; staying away from anything that would pollute, harm, or create a negative influence in our body. All of these will together change your pH level upwards of 8-9 pH. Reading the scriptures daily and memorizing them has been proven to be the strongest alkalinizer of the body known.
19. Put lemon juice fresh squeezed in all of your drinking water as this is one of the most alkalinizing things we can do to return our bodies to slightly alkaline. Cancer has been shown that it will not live in an alkaline body. It also aides in detoxification, and in refurbishing the parietal cells of the stomach. These are the cells that excrete hydrochloric acid. An awful lot of people are quite deficient in HCL acid and therefore have lots of digestive problems.
 20. Exercise moderately after eating, NEVER lie down immediately after eating.
 21. Never eat late, like after 5 PM, Never go to bed immediately after eating for the night. If you find that you must on a rare occasion, then lie in a reclining position.
 22. The more vigorous you get with your exercise the better(for those who do not exercise) Daily vigorous exercise, such as gardening with shovel and rake, or hoe, swimming laps, walking briskly, and uphill, possibly jogging once in a while, these are examples of vigorous exercise.
 23. Exercising daily is as important as your next breath of air. You will not get well from a degenerative disease is an exercise program is not practiced.
 24. Exercise outside in the fresh air, sun or no sun, rain or snow is TEN TIMES MORE EFFECTIVE, than inside due to the negative ion concentration outside and the lack of higher levels of it inside.
 25. Sleep with your windows open at night, use enough covers to keep warm. If necessary cover neck and ears to keep cold drafts off of your delicate circulation there. Never cover you face and re-breathe your stale breath.
 26. The hours of sleep before midnight, after the going down of the sun, are the only hours that our bodies actually do the majority of their reconstruction, toning back up after a hard

day, cleaning out, refurbishing of hormones and brain chemistry, fighting cancer and other disease and the list goes on. Do Not cheat yourself from these hours, to do so God says is defiling your body, putting another God before Him, Read 1 Corinthians 3:17

27. Positive thinking, responding in our emotions with a cheerful loving, accepting, forgiving manner, patient, kind, humble meek...especially with our family...actually enable our body cells to operate at optimum efficiently. If we are driven (even in good things), impatient, frustrated, indulge in anger, impatience, or criticism, condemnation, gossip, fear, dread, rebellion, stubbornness; all of these negative emotions actually decrease the chemistry and electricity of every body cell slowing it down and that keeps the waste in the cell and nutrients outside the cell so that it cannot operate correctly and disease slowly takes over, or worsens. Chronic low grade inflammation is set up and pain, discouragement and all kinds of woes set in deeper into our mind, thoughts, and life experiences. The end result is that we slowly or quickly are separated from our source of Life and Strength and become sick and slowly or quickly die.
28. When we are ill if we are so severe that we must lie in bed: like a fever, severe pain, broken bones, etc, *then*, we must rest our mind in Jesus. Picture yourself just falling back into Jesus loving arms and reveling in them, count blessings and give praise for what you do have.
29. When ill, if even able to be up at all, like going to the bathroom, take even a few more steps. Do not over exert yourself when very ill. BUT even if you are ill with a degenerative disease, you must exercise. You must do something that will make you huff and puff, so to move blood. Just laying in bed for the first 24 hours a large percentage of your calcium goes out of the bones into the blood stream. This causes gastric upset, nerves to be inflamed, heart to be weak, blood to not be filtered cleanly, and makes you more disease susceptible. To move makes you stronger when you feel weak, providing nutrition is in place, cleansing your body.